



Risk Factors

- **Genetics**

If a parent has asthma, there is a 1 in 3 chance of resulting children also having the disease.

- **Age**

40-60% of all asthma deaths are people over the age of 65.

- **Gender**

Women are more at risk than men.

- **Low birth weight**

- **Living in polluted areas**

Regular exposure to toxins in the air has long-term effects on lung development in children.

- **Obesity**

Overweight children are 1.5 times more likely to develop asthma than children who are at a healthy weight.

Triggers

- Tobacco smoke
- Dust Mites
- Pets
- Cockroaches and other pests
- Mold
- Outdoor air pollution

Prevention:

- **Quit smoking** or remove yourself from secondhand smoke
- Get supervised exercise
- **Clean** your house and bedding every week
- Keep pets outside
- Store food in airtight containers for pest control
- Dry damp or wet things completely
- Monitor the **AQI** (Air Quality Index)

Introduction to

Asthma

Asthma is a chronic inflammatory disease of the respiratory system where the airways of the lungs tighten and swell up when they come in contact with **triggers**. It is the most common long-term disease in children but can also occur in adults.

Facts

- About 23 million Americans, or one of every 13, suffer from asthma.
- Asthma is responsible for one of every four emergency department visits each year in the United States.
- Asthma is the third highest cause of hospitalization for children in the United States.
- 44% of all asthma hospitalizations are for children.
- The average hospital visit for asthma problems is three days.
- More than 13 million school days are missed each year in the U.S.

For more information and data go to www.SDHealthStatistics.com

Community Health Statistics Unit:
619-285-6479

Warning signs for parents

- Coughing at night
- Cold or the flu
- Fever
- Stuffy or runny nose
- Tickle in the throat
- Sneezing and watery eyes
- Chest tightness
- Weak or tired
- Headaches
- Restless
- Pale face
- Dark circles under the eyes

If your child has these symptoms, discuss them with your child's doctor.

Resources

Information on asthma prevention plans provided by the EPA

www.noattacks.org
1-800-NO-ATTACKS

San Diego Regional Asthma Coalition
asthmasandiego.org

Check the AQI in your area:
www.epa.gov/asthma

